

## Chicken Shepard's Pie<sup>15</sup>

Number of Servings: 25 (360.7 g per serving)

Amount	Measure	Ingredient
4 3/4	cup	Chicken, broiler/fryer, breast, w/o skin, rstd
2 1/2	cup	Onion, yellow, fresh, chpd
9 1/2	cup	Vegetables, mixed, fzn
6 1/2	cup	Mashed Potatoes, Naturally REAL, low sod, prep f/dry, FS
3 1/4	cup	Soup, cream of celery, cond, cnd
1 1/4	cup	Water, tap, municipal
1 1/4	cup	Cheese, cheddar, shredded

### Nutrients per serving

## Nutrition Facts

Serving Size (361g)  
Servings Per Container

Amount Per Serving

**Calories 290**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**    **12%**

**Saturated Fat 2.5g**    **13%**

**Trans Fat 0g**

**Cholesterol 50mg**    **17%**

**Sodium 520mg**    **22%**

**Total Carbohydrate 33g**    **11%**

**Dietary Fiber 5g**    **20%**

**Sugars 6g**

**Protein 21g**

**Vitamin A 35%**    • **Vitamin C 15%**

**Calcium 10%**    • **Iron 6%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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### Instructions

Dice cooked chicken. Place in steamtable pan or other cooking pan with cover and add chopped onions and frozen vegetables. Cover. Brown on stovetop, stirring occasionally and replacing the cover. Cook until the vegetables are almost tender.

In the meantime, prepare mashed potatoes from fresh or instant potatoes without salt. Set aside.

Add soup and water to meat-vegetable mixture. Stir in.

FOR SHEPARD'S PIE: place in steamtable pan(s) and place 1/3 cup (#12 scoop) scoops of mashed potatoes on top of meat mixture and sprinkle with cheese. Place in 300 degree oven for 30 minutes to reheat and hold.

Serve 1 cup of the meat mixture PLUS a 1/3 c. scoop of potatoes per serving.

1 serving = 1 1/3 c = 2 Carb Servings

For SHEPARD'S PIE OVER POTATOES: Keep soup and meat mixture hot in steamtable or covered pan on low heat.

Serve 1 cup of mixture OVER 1/3 cup mashed potatoes. Sprinkle with cheese.

1 serving = 2 Carb Servings

ANY FROZEN VEGETABLE MAY BE USED IN THIS RECIPE TO VARY THE MENU.

If low carb veg is used, 1 serv = 1 1/2 Carb Serving

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.